

**Basic Report 03047, Babyfood, dinner, beef noodle, strained**

Report Date: February 27, 2015 23:54 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
<b>Proximates</b>								
Water	g	86.84		13.89	24.62	98.13	98.13	98.13
Energy	kcal	63		10	18	71	71	71
Protein	g	2.44		0.39	0.69	2.76	2.76	2.76
Total lipid (fat)	g	2.26		0.36	0.64	2.55	2.55	2.55
Carbohydrate, by difference	g	8.18		1.31	2.32	9.24	9.24	9.24
Fiber, total dietary	g	1.3		0.2	0.4	1.5	1.5	1.5
Sugars, total	g	1.42		0.23	0.40	1.60	1.60	1.60
<b>Minerals</b>								
Calcium, Ca	mg	10		2	3	11	11	11
Iron, Fe	mg	0.41		0.07	0.12	0.46	0.46	0.46
Magnesium, Mg	mg	10		2	3	11	11	11
Phosphorus, P	mg	38		6	11	43	43	43
Potassium, K	mg	87		14	25	98	98	98
Sodium, Na	mg	15		2	4	17	17	17
Zinc, Zn	mg	0.60		0.10	0.17	0.68	0.68	0.68
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.1		0.0	0.0	0.1	0.1	0.1
Thiamin	mg	0.035		0.006	0.010	0.040	0.040	0.040
Riboflavin	mg	0.035		0.006	0.010	0.040	0.040	0.040
Niacin	mg	0.616		0.099	0.175	0.696	0.696	0.696
Vitamin B-6	mg	0.036		0.006	0.010	0.041	0.041	0.041
Folate, DFE	µg	11		2	3	12	12	12
Vitamin B-12	µg	0.19		0.03	0.05	0.21	0.21	0.21
Vitamin A, RAE	µg	36		6	10	41	41	41
Vitamin A, IU	IU	716		115	203	809	809	809
Vitamin E (alpha-tocopherol)	mg	0.31		0.05	0.09	0.35	0.35	0.35

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1.6	0.3	0.5	1.8	1.8	1.8	1.8
<b>Lipids</b>								
Fatty acids, total saturated	g	0.937	0.150	0.266	1.059	1.059	1.059	1.059
Fatty acids, total monounsaturated	g	0.941	0.151	0.267	1.063	1.063	1.063	1.063
Fatty acids, total polyunsaturated	g	0.141	0.023	0.040	0.159	0.159	0.159	0.159
Cholesterol	mg	8	1	2	9	9	9	9
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0